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## World's Fastest Old Man Shares Aging Secrets on Oct. 22

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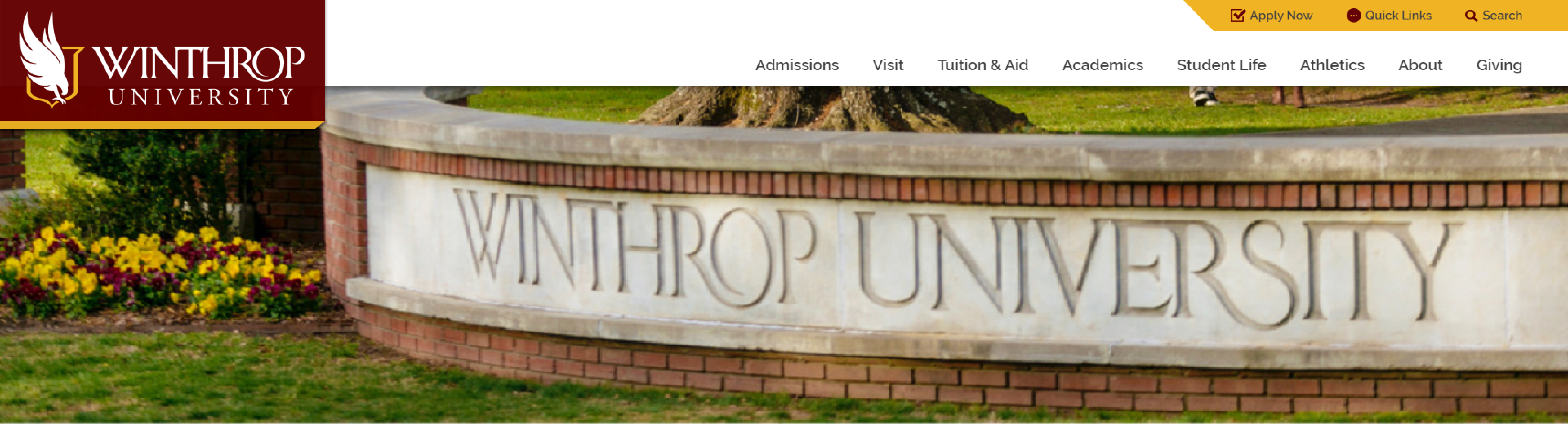
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## World's Fastest Old Man Shares Aging Secrets on Oct. 22

October 17, 2019

### HIGHLIGHTS

- Charles Allie, 72, of Pittsburgh, Pennsylvania, holds multiple world and American records and competes in the 100 meter, 200 meter and 400 meter track and field events.
- Organizer Ginger Williams read about Allie in the New York Times and realized he is an exceptional athlete whose work out and diet habits can be a model for any athlete or senior citizen looking to slow the process of aging.



ROCK HILL, SOUTH CAROLINA – The **World's Fastest Old Man** will share his work out secrets with the Winthrop University community on Oct. 22.

**Charles Allie**, 72, of Pittsburgh, Pennsylvania, holds multiple world and American records and competes in the 100 meter, 200 meter and 400 meter track and field events. Since entering the 70+ age group, the septuagenarian has set five records across indoor and outdoor. He is also a member of the **USA Track & Field Masters Hall of Fame** and **2013 World Masters Athletics Athlete of the Year**.

**Organizer Ginger Williams** read about Allie in the New York Times and realized he is an exceptional athlete whose work

out and diet habits can be a model for any athlete or senior citizen looking to slow the process of aging. "I thought, 'wow! Everyone can learn from this example,'" said Williams, a history professor and director of the individualized studies program.

Below are two events for Allie on Oct. 22:

- **Panel event: "The World's Fastest Old Athletes: Hope and Potential As We Age"**

G02 Owens Hall, 11 a.m.-12:15 p.m.

Allie will be joined by three other older athletes: Marcella Hale, 68, USA 200 meter and 400 meter champion and holder of the U.S. record for 4 X 100 relay; Samuel Hall, 75, USA 100 meter and 200 meter champion and world record holder for 4 X 200 relay; and Steve Lehman, 72, UCI World Track Cycling Champion and 11 time USA Road and Track Cycling Champion.

Other panelists will explore the possibilities, the myths and the realities of aging, with a focus on the aging athlete. Leading experts **Romin Shaw**, a medical geriatrician; **Tanya Sotillo**, a physical therapist; and Winthrop exercise science faculty members **Jennifer Bossi** and **Joni Boyd** will explain how the featured athletes can do what they do at their age. They will also discuss what individuals can do to improve as they age. The event is free and open to the public.

- **Reception for Allie and other Fastest Old Athletes**

Amor Artis Brewery, 204 Main St. Suite 101, Fort Mill, 5:30-7 p.m.

[Register for the event here](#). Cost is \$12.

Allie also will meet with the **Charlotte Track Club** at the UNCC Irwin Belk Track on Oct. 21 and with the **Winthrop track and field team** on Oct. 22 from 2-3 p.m. at Winthrop's Irwin Belk Track.

For more information, contact **Williams** at [williamsv@winthrop.edu](mailto:williamsv@winthrop.edu) or call 803/323-4948.

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